



***Standing By...Ready to Serve
You!***



FLEET & FAMILY SUPPORT CENTER

San Diego, California

Our Mission:

- **Empower Commands, Individuals, & Families**
- **Raise Readiness, Performance, & Retention**
- **Enhance Quality of Life through Information & Referral, Education, & Counseling Services**
- **Support Unique Deployment, Relocating, & Future Planning of Our Community**

Your FFSC At a Glance...

One Stop Shopping...Free & Confidential!

- **Clinical Counseling**
- **Relocation Support**
- **Information & Referrals**
- **Exceptional Family Member Program Support**
- **Ombudsman Support**
- **Financial Management**
- **Career Services**
- **Deployment Support**
- **Command Representatives**
- **Family Advocacy Program**

Clinical Counseling

Safe ♦ Secure ♦ Support

- **Free & Confidential**
- **Individual, Marital, & Family Counseling**
- **Support Groups**
- **Convenient Centralized Scheduling**
- **Various Hours/Locations**



Information & Referral

Where to Go...When You Don't Know!

- **Confidential & Individualized Assistance on Walk-In Basis**
- **Military & Civilian Referrals**
- **Introduction to Military Life**
- **Emergency Assistance**



Workshops:

- 1. Resources for the Military Spouse Workshop**
- 2. Developing Your “Family Care Plan”**
- 3. Discounts, Deals and Freebies**

Resources

- **FFSC**
- **Military One Source**
- **211**
- **NMCRS**
- **Military Outreach**
- **Healthy Start**
- **American Red Cross**
- **WIC**
- **Navy Legal Services**
- **Operation Homefront**
- **ASYMCA**
- **Lincoln Military Housing**
- **Family Advocacy**
- **CCRR**
- **USO**
- **TIP**
- **SFD (formerly CREDO)**
- **MWR**
- **Military.com**
- **TriCare/Dental**

Relocation Assistance

Have a Smooth Move!

- **Individualized Assistance**
- **FREE Welcome Aboard Packages & Info on San Diego**
- **Help with Routine Issues & Emergencies**



Crisis Preparedness

**Natural hazards happen in San Diego---BE
PREPARED!**

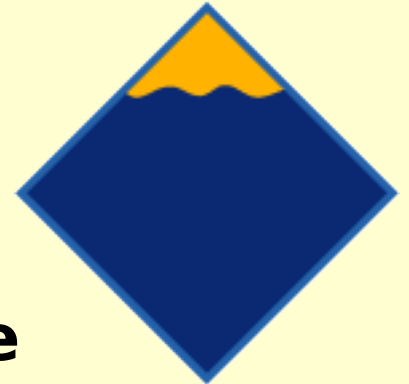
Wild Fire



Terrorism



Flood



Land Slide



Earthquake



Sponsor Program

No Sponsor Yet?

Sponsor Assignment Aid (SAA)

<https://staynavytools.bol.navy.mil/SAA>

School Liaison Officers

- Identify barriers to academic success and smooth transitions
- Provide “tools” for parents to be advocates for their children.
- Educate on the unique needs of military children/youth and the military lifestyle.



School Liaison Officers

**Helping Military Children
Succeed...**

**Commander, Navy Region Southwest
School Liaison Officer, (619) 556 7412**

**Northern San Diego County area
School Liaison Officer, (858) 431-6482**

**Southern San Diego County area
School Liaison Officer, (619) 991-2509**

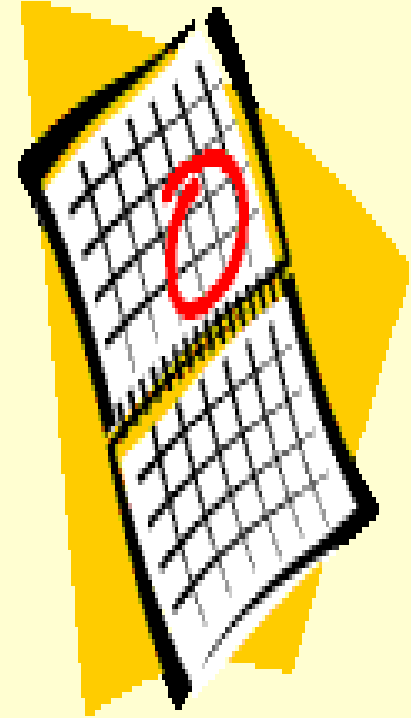
Military Installations (MI)

- **Online directory of programs and services for military installations worldwide.**
- **Contains the local time and weather, addresses, phone numbers, mapping capabilities and local installation photos.**
- **Information on 23 different topics such as childcare, household goods, housing, motor vehicles, financial assistance, employment and much**



Plan My Move (PMM)

- Organize your next move, relocation tool
- Fully customizable three-month calendar
- 'To do' list linking individual moving tasks with installation information
- Important points-of-contacts



MI and PMM

Who is eligible?

- **Military service and family members, active duty, National Guard, reservist and civilians**

For more information:

www.militaryhomefront.dod.mil



Exceptional Family Member Program (EFMP)

- **Ensure Families Can Access Needed Services**
- **Support Fleet, Mission, & Operational Readiness**
- **Enable Service Members to Continue Career & Care for Family**



EFMP...What Next?

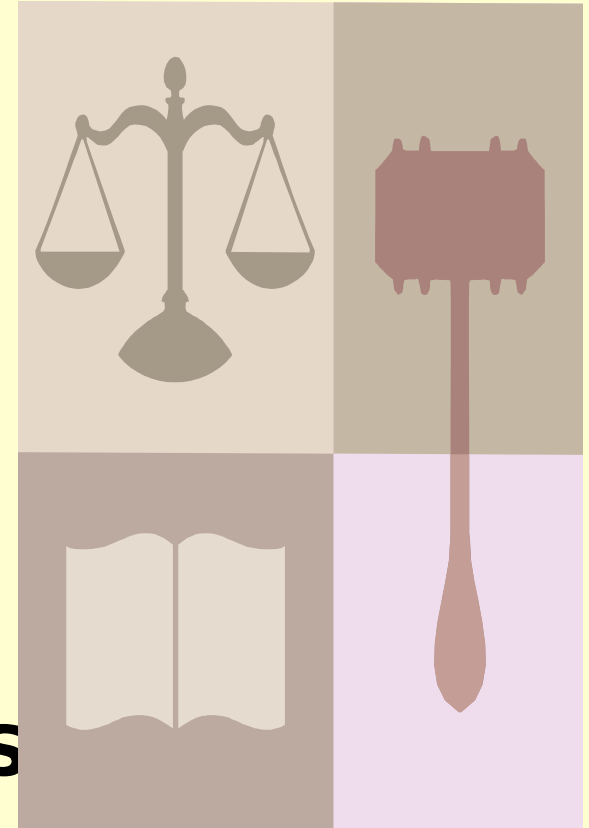
Once your package is complete...

- **Obtain Certifying Signature from EFMP Coordinator (NMCSD or MCRD)**
- **EFM Coordinator Submits Application to Central Screening Committee**
- **Request Category Info from EFMP Coordinator or Naval Personnel Command**



Navy Legal Services Office (NLSO)

- **Service members NOT California residents can register vehicles as "non-residents"**
- **Have purchase or leasing contracts reviewed by a NLS attorney**



Child Youth Programs

- Child Development Centers (CDC) provide full and part day child care for ages 6 weeks to 5 years of age
- Child Development Homes (CDH) provide full and part day and night and weekend child care for ages 4 weeks to 12 years of age
- School Age Care (SAC) provides before and after school and day camps for ages 6 years to 12 years of age
- Youth And Teen Programs provide sports programs, leisure classes, youth internet labs, and teen programs for ages 6 years to 18 years of age
- Online request for care: <http://www.mwr.navy.mil/>
- Youth & Community Centers located throughout San Diego Military Housing
- 6 CDC's available in San Diego

Morale, Welfare and Recreation San Diego Metro Area

- **Child Development Centers:**
www.mwrtoday.com/Sandiego/youth
- **Child Development Home Care:**
www.cnrsw.navy.mil/Programs/HomeCare.
- **Child Care Resource and Referral Program
(email):** **ccrr@mwrsw.com**
- **Youth Centers and School Age Care:**
www.mwrtoday.com/Sandiego/youth.
- **MWR and Dining Services**
www.mwrtoday.com
- **NAF Human Resources:**
www.mwrtoday.com/Sandiego/job_oppor.

Morale, Welfare and Recreation

Facilities/Programs:

- **Fitness Centers (assessments, Aquatics, Sports)**
- **Family Friendly Fitness Program**
- **Liberty Centers / Trips**
- **Free Movie Theaters**
- **Picnic/Park Areas**
- **Deployed Forces Afloat Program (Fleet Recreation)**

- **Auto Skills Shop / Wood Hobby Shop**
- **Information, Tickets and Tours (ITT)**
- **Vehicle Storage (RVs, boats, vehicles)/ Personal Storage**
- **Outdoor Recreation / Equipment Check-Out**
- **Marina Services - private slips, rental fleet, certified instruction**
- **Golf / Bowling / Bingo**
- **Car Wash**
- **Animal Care/Veterinary Clinic**
- **RV Park with hook ups**



FFSC Ombudsman

Support

Volunteers making a difference

- Roster of Area Ombudsmen
- Ombudsman Basic Training
- Ombudsman Assembly
- Advanced Training
- Information & Support



FFSC Ombudsman Support

*Volunteers making a
difference*

- Information & Support
- Support to Commands
- Family Readiness Group Training
- Ombudsman Email Tree
- Ombudsman Recognition



Deployment Support

United We Stand!

- Deployment Readiness Briefs
- Let's Talk Deployment Workshops
- Homecoming Workshops
- Return & Reunion Program
- Individual & Command Assistance



Individual Augmentee (IA) Support

- **IA Deployment Readiness Briefs**
- **IA Family Connection**
- **Resources & Support**



Career Center

- **Résumé & Federal Application Review**
- **Resource Library & Job Fairs**
- **Computer Lab, Fax, Copier, Printers**
- **Mock Interviews**
- **Career Advancement Accounts Info**



What is a Career Advancement Account (CAA)?

- **Military spouses have a 3X higher unemployment rate than the national average.**
- **Training or educational funding for eligible spouses at participating locations.**
- **\$3,000 for one year with the possibility for a second year renewal.**
- **To increase opportunities for nationally portable, high-growth, high-demand *employment*.**
- **For more information visit www.milspouse.org**

How do you Qualify for CAA?

- **Married to a military service member who is stationed in the San Diego Metro Area;**
- **Military service member falls between the ranks of E1-E5 or O1-O3;**
- **At least one year remaining at the current duty station;**
- **High school Diploma or GED;**
- **No post-secondary degree, although some post-secondary education is acceptable, OR**
- **Have a post-secondary degree, but require a CAA to obtain or retain a credential, certification, or license;**
- **18 years or older;**
- **Eligible to work in the United States**

Financial Management

Because Money Counts!

- **Workshops**
- **Financial & Predatory Lending Awareness Resources**
- **Military & Civilian Referrals**
- **Free & Confidential Counseling**



San Diego = High Prices



Good Neighbors

San Diego
Housing Commission

Housing Assistance

First-time homebuyer loans/grants

Need help buying a home?

Deferred second mortgages

Down payment and closing cost assistance

Mortgage credit certificates (MCCs)



Credit Scores

Can you buy a house with poor credit and no savings? YES!

To assume the risk of lending to someone with poor credit, a lender will require one of three things:

- 1. A higher down payment (30 to 40%)**
 - 2. Private Mortgage Insurance**
 - 3. A higher APR (2 to 3 points)**
- * Or a combination of all!**



Where does all my money go?!

- **What is our most expensive habit?**
 - **Impulse Buying**
- **Track your expenses!**
 - **Just knowing where the money goes can help you make better decisions.**
- **It is your money - spend it on what is important to you.**
 - **Once you know what your expenses are, rank them by order of importance**



Develop a “Perfect” Spending Plan

- **P**ersonal
- **E**asy
- **R**ealistic
- **F**lexible
- **E**xecutable
- **C**urrent
- **T**imely



Contact FFSC...

Naval Base San Diego

Bldgs 259 & 263 - Up Hill from Navy Exchange & Commissary

619/556-7404

Naval Base Coronado

Bldg 318, Near AIRPAC & North Island Credit Union

619/545-6071

Naval Base Point Loma

Bldgs 212 & 211 (2nd Floor), Off Rosecrans Street

619/553-8306

Murphy Canyon

Murphy Canyon Youth Center Parking Lot, 4867-T Santo Road

858/277-4976

CNRSW C... ..

Visit Us Online!

- **Locations & Program Information**
- **Articles & Online Resources**
- **Online Course Schedules & Registration**

www.cnrsw.navy.mil/fsc